The Experts Say - -

By KAY REX Canadian Press Staff Writer

BEANS Dried beans may be the poor hours). Drain. man's meat and the rich man's any time.

Baked beans have long been the Saturday night special in the Maritime provinces and indeed right across Canada. Home economists have pepped ner or supper.

INGREDIENTS-One pound spoons fat; one tablespoon flour; one teaspoon dry mustard; one tablespoon molasses;

treat, but it can be a delicious until tender and then blend in in Hecate Strait. However, the and economical main course at the flour. Add mustard, molasses, salt, pepper and tomatoes. Mix the latter with beans and tablespoon butter; pepper, salt, simmer, uncover, for five min- and paprika to taste.

While the above recipe is for up the old-fashion recipe into top stove cooking, the beans then fry meat (cut in small) a tasty dish of savoury beans. may also be cooked in a cas- pieces) in same grease in equally welcome either for din- serole The mixture may be re- which onions have been fried. heated one-half hour before Heat tomatoes and pour over meal-time.

Yielas: -Six servings.

dried white navy beans (two There always is room some- and parsnips. When tender cut cups); one tablespoon salt; one where in the weekly menu for a in slices.

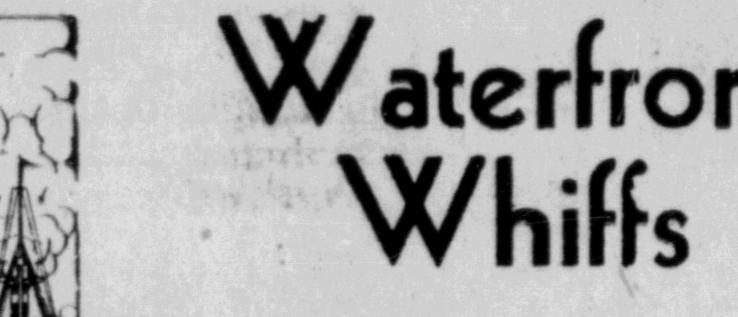
SPAGHETTI

INGREDIENTS—One one teaspoon salt; dash of pep- age spaghetti; eight small mixed together. per; 21/2 cups canned tomatoes; Spanish onions; one pound one-half cup grated cheese. | veal steak; one large can to-Wash and soak dried beans matoes; two carrots; two pars-

THE

keena Construction & Cabinet Co. BUILDERS AND GENERAL CONTRACTORS FLOOR SANDING AND CABINET WORKS

ESTIMATES FREE ON REQUEST P. O. Box 1676 Phone Red 633



Herring Are Now Running Off Porcher and Stephens Islands Herring Bait Goes Last

A substantial portion of the coast herring fleet fax, Lunenburg and Lockport. headed into Prince Rupert harbor in armada style Friday afternoon ready for next week's seining off Porcher and Stephens Islands where a fair run on in the district, despite rough Ocean Falls. It is named "Robshowed up this week and a larger one is in prospect.

Pass, between Porcher and ---Stephens on Tuesday, and since weather has been too rough for area since then.

been received here of a vast 200 tons have also been caught Saute the onions in the fat body of fish lying farther out in the Butedale area this week. MV ROBERT C. SCOTT

utes. Sprinkle with cheese. Put spaghetti in salted water and boil rapidly until tender. Drain and wash with cold water. Slice onions and fry, and meat and onions. Boil carrots

cup sliced onion; two table- meal of Italian spagnetti. Make brown gravy to which, has been added butter, flour and seasoning. Pour this over pack- all ingredients which have been

EGG NOGS

Egg nogs are excellent drinks over night in four cups cold nips; one tablespoon flour; one for the child with the finicky appetite, and also for the convalescent.

> INGREDIENTS - Three quarters cup milk; one egg; ene tablespoon sugar; onehalf tablspoon vanilla; salt.

Beat egg and then add sugar, salt, vanilla and milk. Blend} thoroughly. All ingredients should be well chilled before

large bodies of herring are in has bought a new sleek white to the fullest.

Vancouver area. None has gone at the Nova Scotia ports of Hali-

Some beam trawling is going weather. Several boats are out, Herring made their first real showing in Edye and Pete Haan's Skeena Maid, dragging off Skidegate.

The United Church of Canada was present. Fishermen are certain that

the area, but weather has not motor launch to help carry the permitted them to exploit them gospel to outlying villages on the British Columbia coast. The A shortage of herring bait launch was purchased out of among east coast fishermen has contributions from young people resulted in a call to the west of The United Church of Cancoast for 2,000,000 tons of it for ada toward a special \$15,000 immediate shipment. The de- project of the Missionary and mand is being filled from the Maintenance fund. The 26-foot east from here. The acute craft is now enroute to Cape shortage was felt by fishermen Mudge Indian village where it will be based. Latest addition to the United Church mission fleet, it is the counterpart of the Thomas Crosby which operates in northern waters from ert C. Scott," after a retired including Alf Ritchie's Finella United Church minister who did marine missionary work for many years himself from the then, some 1,600 tons have been seining in the open strait so the caught. Seiners and packers seining in the open strait so the have been streaming up the have been streaming up the come closer in.

| Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer in. | Come closer The fish being caught are ern run. This week she will visit during World War II. The water. Drain and then cover This week, most of the herring definitely part of the spawning the south Islands before return- launching took place recently with boiling water. Add one on the north coast were caught run and are measuring from ing here Sunday enroute back in Vancouver. Sylvia, the eleventablespoon salt, cover and sim- off Warrior and Seal Rocks, west eight to nine inches in length. to Vancouver. She carried about year-old daughter of Rev. Franmer until tender (about two of Edye Pass, but reports have | Small lots of between 100 and 30 passengers, all for the Islands. cis Stevens of West Vancouver, officially christened the ship

Rev. Robert C. Scott, himself.

of its people comes the ROBERT SIODMAK . SOL C. SIEGEL LAST TIMES TODAY-"FOREIGN AFFAIR"

SUNDAY MIDNIGHT, MONDAY AND TUESD

From the hear

Early 1949 British Collections

LONDON ()-Buyers on their way to Paris for the showings of early 1949 collections, stop- D. Sandow, A. E. ped over here to see presenta- O'Dowes. tions by the Incorporated Society of London Fashion De- two sons, R. Hamin

Since the war the influence of London collections has been mas, R. Smith. important and British dressmakers refused to accept willynilly the 'new look' extremes of last year's Paris styles.

New London collections appealed both to private clients ocean dock for ship and commercial buyers. Work- Seattle. The saimon com manship on London clothes is Alaska canneries and to commended by overseas buyers neld in bond here sinces and styles are such that they The Victoria took a sim can be modified to meet the de- | go south earlier this mod mands of the buyer's market.

Trends from the January collections here point to narrower brings results. skirts with any fulness concentrated in back interest. Sleeves lare bracelet-length and here and there the dolman influence retains the deeper armhole Shoulders are slightly more pagded, waists are small and capes. for those who can wear them remain in modified form.

An interesting evening acces-(CP Photo) of trimmings and feathers, this

season's models are sm Ino less elaborate. They signed to be won wi the French call the journee gown, long-sleep low decolletages and Viewed by Paris-Bound Buyers ankle-length skirt.

> AIR PASSENGER To Vancouver-Nigg To Sandspit-H. LTM

From Vancouver

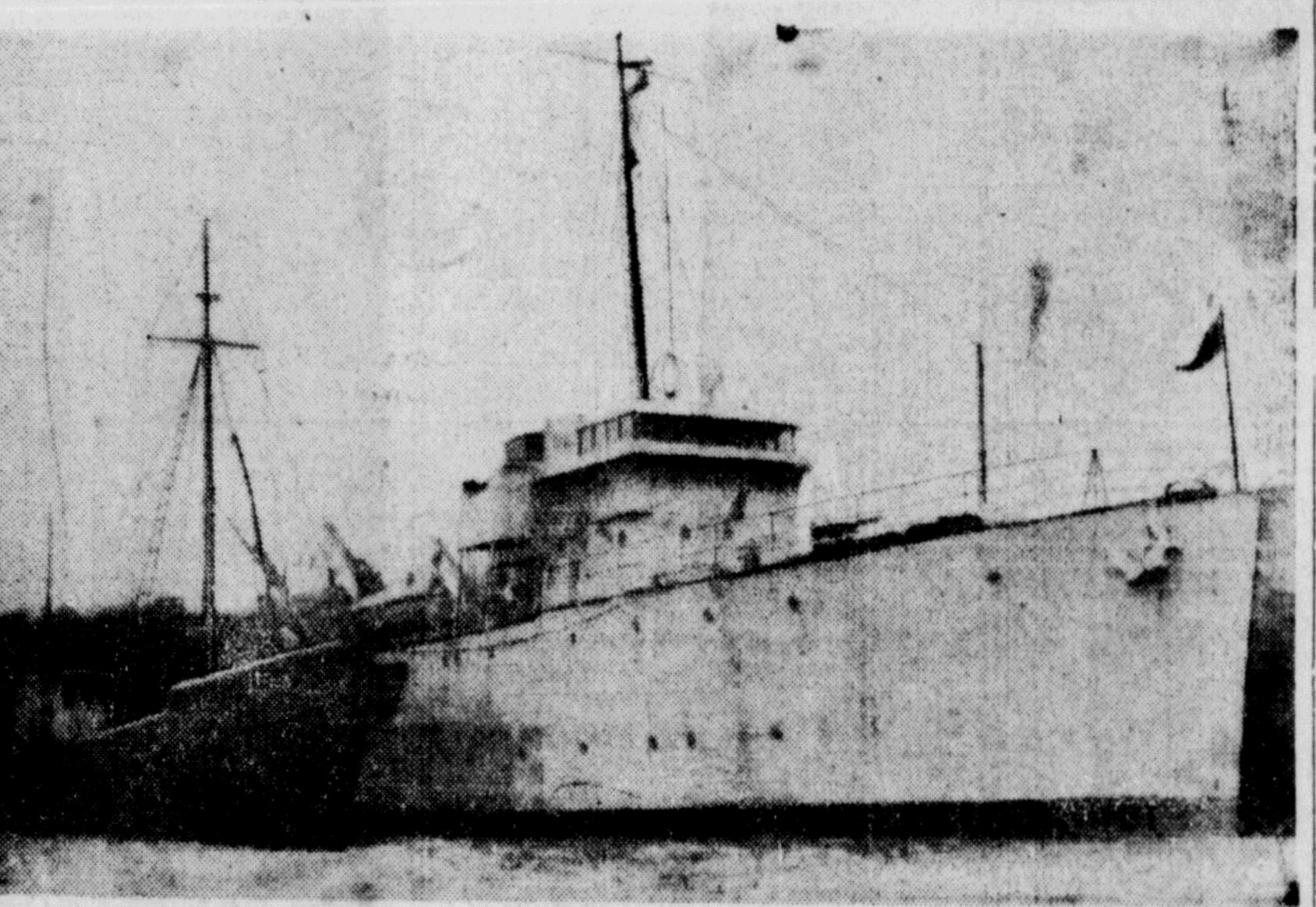
Short.

Alaska Steamship ter Victoria is due to port here this attenue p.m. from Ketchikanta cargo oi canned salma

Classified advertising

A Home Away From 50 Rooms, Hot and 0 Water

PRINCE RUPERT, Phone 281 P.O. 1



U.S. DRAGGER SEIZED—The United States a agger Arano is shown here alongside the sory may be evening hats. Banlarger Canadian fisheries vessel Cygnus after the U.S. vessel was escorted into Digby, N.S. 77 | ned years ago by restauranteurs was charged the dragger fished illegally within the three-mile limit off Digby Neck. Capt. | because they were often a yard Reuben Doughty of Portland, Me., denied the charge. Last night the Dominion government 'across and laden with masses ordered the release of the Araho.

S.S. Commercial, Licensed Premises, Launched Today

Congratulations

____ TO ____

HAROLD HELGERSON

ON THE LAUNCHING OF 'S.S. COMMERCIAL'

NEW LICENSED PREMISES IN

Commercial Hotel

Design and Structural Alterations were carried out by

Skeena Construction & Cabinet Co.

Box 1676

Phone RED 633

BEST WISHES TO

S. S. Commercial

Materials used in this handsome project . . . Finished Lumber, Sashes and Doors and Modern Plywoods

were supplied by

ALBERT & McCAFFERY LIMITED

Phones 116, 117 and 58

MARINE ATMOSPHERE IS ATTRACTIVELY FEATURED

Two branches of local enterprise have combined to enable the launching today of "S.S. Commercial" licensed premises for men, nautical atmosphere of which is in tune with this seaport city. Renovation of the premises was undertaken by Harold Helgerson, owner of the Commercial Hotel, and it was his decision that the work and as much of the material as possible should come from local men and local workshops. It went even farther than that. The ideas for its unique design were the products of

Renovation work was turned over to the newlyformed Skeena Construction and Cabinet Co., whose manager is Val Spidel. Design was created by James Templeton and the work carried out under foremanship of Russell Gatzke, both partners in the firm.

When patrons enter the premises tonight they will have a strong feeling that they have stepped from land into a large ship. They will be greeted at the door by the glow of ship's lantern and the illusion will be strengthened as they look around.

The walls, done in pale blue, are paneled with rope, creating a unique effect. The windows are cut to resemble port holes, and although not exactly

Even the ceiling is of simulated marine consteel "beams" run across it.

Light anchors and ship's steering wheels have been placed on the walls at the end of the room. Although the new furniture

which is planned for the room will not be completely installed at present, it too will be the product of local imagination and workmanship. Designed and built by Harry Woodsford of Woodbilt Products, it will be of "barrel" design, both tables and chairs. Much of their attractive appearance will come from the fact that California redwood is teing used in their construction. It is a rich-looking durable wood highly prized for furniture

local imagination, too.

round-like they are oval and carry the illusion.

struction. It has the "camber" of a ship's deck and

cold-light illumination has been installed by Harry Fernie of Refrigeration and Electrical Service, local contractor and agent for Neolite neon and neon-fluorescent lighting. Mr. Helgerson says that he plans to enhance the marine atmosphere of the room by obtaining as many pictures as possible of local boats, which he will have enlarged and framed to hang on the walls. Materials for the work, including finished lumber, sashes and doors, were supplied by

Albert and McCaffery Ltd. The lighting effects, which and plumbing installations include ship's lanterns, red were by Saanich Plumbing and green running lights and and Heating.

GREETINGS . . .

S.S. COMMERCIAL

It was with satisfaction that we designed, built and installed much of the Furniture, Chairs and Tables, which we are confident will prove attractive and comfortable.

Woodbuilt Products

HARRY WOODSFORD

341 Second Avenue

BLUE 951

SALUTING

S. S. Commercial

HAROLD HELGERSON

For whom we installed Plumbing and Heating in these modern, new premises.

Saanich Plumbing & Heating Corner Fourth Avenue and McBride Phone Blue 846

NICE JOB . . .

ULTRA-MODERN ILLUMINATION INDIRECT NEON LIGHTING

Also . . .

REFRIGERATION and ELECTRICAL SERVICE

S. S. COMMERCIAL

HARRY FERNIE, Agent for NEOLITE LIMITED Modern Neon Signs and Neon-Fluorescent Lighting Phone Red 701

Box 1609